



# SJTC Invitational Elementary & Middle School Cross Country Meet

Tuesday, October 8<sup>th</sup>, 2024- 3:30 - 6:00 pm  
Organized by the Saint John Track Club & UNPSJ Cross Country/Track Team

**Location:** Wolastog Park, Lancaster Avenue, West Saint John



### **Course Description:**

All events will take place on a well-marked course around the perimeter of the park on a mix of grass and trail. The course is a loop of just over 1 km, providing a fast, challenging and exciting race to watch. We want to say a special thank you to sponsor J.D. Irving Limited, for use of the park.



### **Registration Information:**

There is no registration fee and no advance registration required. Questions prior to the event can be sent to [saintjohntrack@gmail.com](mailto:saintjohntrack@gmail.com). Individual and team entries are welcome. Registration will occur on site 3:30-4:00 pm. Athletes can walk the course up until 3:45 pm. Please note that teams must have a designated adult in charge of checking-in and recording. All athletes from a school are considered a team with the top 4 finishers to count for scoring. All athletes on a team must attend the same school.

**Cancellation:** In the event of **VERY Severe Weather** the event will be cancelled with no rain date. Notification will be provided to the schools as of 11:00 am of the meet day and posted on the SJ Track Club web site at [www.SJTC.ca](http://www.SJTC.ca)

**Parking:** Limited parking is available in the park but overflow is available at various places nearby.

**Events:** Official course walk-through will take place at 3:30.

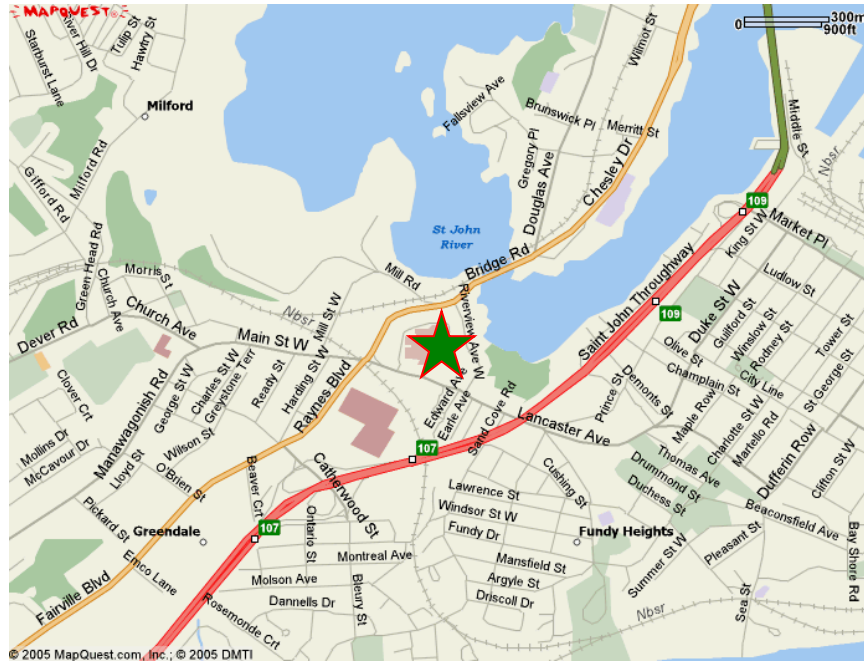
Races will start promptly at 4:00 and occur in the order shown below.

| Division             | Distance        |
|----------------------|-----------------|
| Grade 3 - Girls      | 1.1 km          |
| Grade 3 - Boys       | 1.1 km          |
| Grade 4 - Girls      | 1.1 km          |
| Grade 4 - Boys       | 1.1 km          |
| Grade 5 - Girls      | 1.1 km          |
| Grade 5 - Boys       | 1.1 km          |
| Grade 6 Boys & Girls | 1 x 1.1 km loop |
| Grade 7 Boys & Girls | 1 x 1.1 km loop |
| Grade 8 Boys & Girls | 2 x 1.1 km loop |

**Awards:** Participant ribbons for all competitors. Medals for the top 6 individual and ribbons for the top 6 teams.

**For More Information:** [SaintJohnTrack@gmail.com](mailto:SaintJohnTrack@gmail.com), Oy Akinola at 204-998-0743, Bill MacMackin at 506-647-4931

The park entrance is across from the Bowlarama, 248 Lancaster Ave.  
Please avoid parking in the bowlarama parking area.



Race Course

